



# Marlboro Township

## Department of Recreation

1996 Recreation Way, Marlboro, New Jersey 07746  
Phone: 732-617-0100 Fax: 732-536-2376 E-mail: [Recreation@marlboro-nj.gov](mailto:Recreation@marlboro-nj.gov)

## ADULT FITNESS

with Rosie O'Donnell

Pre-registration is required for these programs.  
These classes meet twice a week for a 16 class sessions

### **STEP AEROBICS**

Mat and 2 lb. weights are required

This class is a total body workout. Rosie combines step aerobics along with interval training, Hip Hop abs, kickboxing, and strength training at a cardio endurance pace. You burn the maximum calories in a one-hour session. This class is for everyone no matter what level of fitness you are at. Rosie shows you how to modify or intensify your workout to reach your fitness goals. A free personal training evaluation included.

**Location:** Defino/Central School

**Day/Time:** Mondays and Wednesdays, 7:30pm-8:30pm January 11 – March 13

**Fee:** \$88 per session Non-resident: \$98

### **PILATE'S MAT**

Mat required

Pilate's method of body conditioning is a unique system of strengthening & toning exercises that initiates targets the muscles of the abdomen, legs, hips, and gluteus. It creates a tiny waistline, strengthens and tones the muscles of your entire body, improves posture, flexibility and balance by uniting body and mind to create a more strong and beautiful toned body. Pilates mat work is designed to accommodate any level of fitness. Rosie shows you how to modify or intensify your workout according to your fitness level and or needs. A free personal training evaluation included.

**Location:** Defino/Central School

**Day/Time:** Mondays and Wednesdays, 6:30pm-7:30pm January 11 – March 13

**Fee:** \$88 per session Non-resident: \$98

### **ZUMBA**

Calling all Zumba dancers! This class is ideal for beginners and even more advanced students. Whether you are a dancer or never danced before Rosie teaches you how to modify or intensify according to your fitness needs. She will teach you all the Latin dances along with all the hot Zumba moves. Burn the maximum calories in a one-hour session. This form of exercise creates long, lean muscles like a dancer. More advanced students will also benefit from this class. It is a great complement to any of our other classes. A free personal training evaluation included.

**Location:** Recreation Center

**Day/Time:** Tuesdays and Thursdays, 7:30pm-8:30pm January 10 – March 2

**Fee:** \$88 per session Non-resident: \$98

**MUST BE ENROLLED ON OR BEFORE JANUARY 6,  
LIMITED SPACE ENROLL TODAY ANY QUESTIONS CALL REC CENTER AT 732-617-0100**

Must be 18 years or older to join. For those who are 13-16 years old can attend provided they join the class with a parent. We do have some mother and daughter clients together with husband, wives and couples clients. The family that exercises together live long and healthy lives together!

To enroll in one, two or all three classes, just go onto your Communitypass account  
@ <https://registercommunitypass.net/marlboro> **Listed under Adult Classes/Programs**